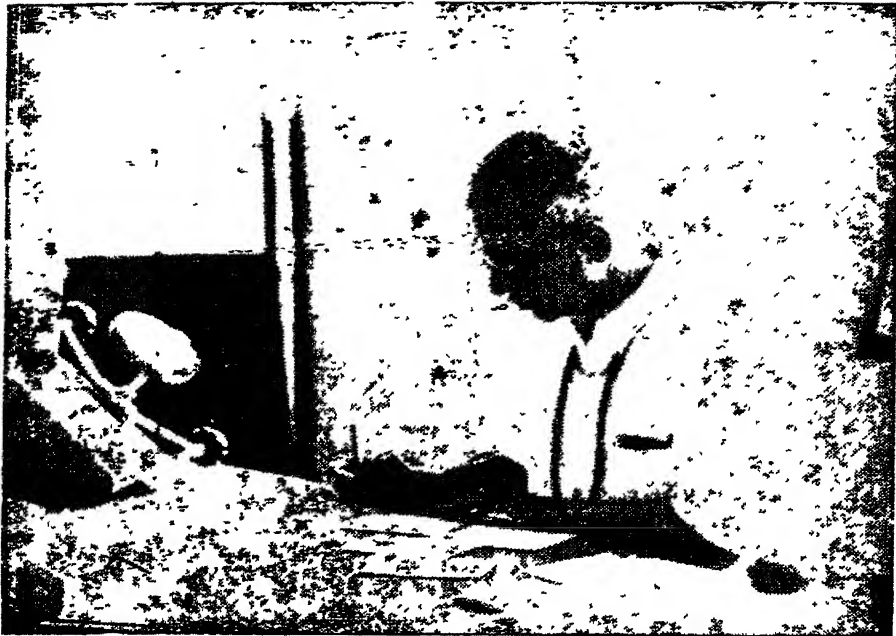


OUR HEALTH

Let us not waste our life's gift and possession,



Dr. M. K. Vaidya

The deeper study of medical science as applied to human beings went on adding to the interest in his lifestyles, life processes, evolutions, changes in thinking, attitudes, behaviours etc. :-

It lead to revelations of great values in ignorance, neglect, outrages, created ~~on himself~~ by this highly evolved of all ~~creations~~ of the GREAT CREATOR, ~~even in simplest~~, easiest, normal and smooth living necessities of his own life ~~and~~ life of his tribe.

(see cover 3)

OUR HEALTH

Dr. M. K. Vaidya

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CONTENTS

1. Our Health	1
2. Sleep	5
3. Disposal of Excreta	8
4. Care of the Mouth & Face	11
5. Something about Teeth	—	15
6. Tongue & Mouth	18
7. Morning Bath	21
8. Body Bath	25
9. Exercise	—	29
10. Exercise & Exertion	32
11. Clothes	35
12. Clothes (contd.)	39
13. Our Diet & Foods	43
14. Balanced Diet	46
15. Balanced Diet (contd.)	49
16. ,, ,,	53
17. ,, ,,	57
18. Hair & Nails	61

INTRODUCTION

THE VAST IGNORANCE:

= There is one great deficiency in the educational system of man. He is taught quite a large variety of subjects during his training, but almost nothing about his own wonderful body. And thereby he remains in total darkness about real needs of his body and mind, Health and Hygiene.

= He is told about hills and mountains, rivers and oceans in this world of ours but nothing about his teeth, body, foods and the like he must know.

= How proud he feels when he knows of cars, planes, engines, radios, T. V.s and such mechanical wonders. But hardly becomes aware of marvels in his own body and possession like the Heart, Lungs, Bowels, Brain, Kidneys, eyes, ears and lacs of organs each of which is precious beyond imagination and so vital for living.

SHOOTING OFF THE MARK:

= This man, made extrovert by traditional ignorance has become totally careless about his own most vital and valuable possessions and has been wasting his unique life in search of happiness by following a path which has led him to total unhappiness and misery, never aware till the end about the mistake that causes it.

= No one knows how and why teeth need to be cared for. Everyone takes his bath in his

own blind concept or tradition. Foods and its varieties and thousand and one preparations tell their own story of wastage of materials, life, time and money misdirected. When to eat, how to eat, what to eat, why to eat, seems to be the decision of traditions created by innocent and ignorant mother on the one hand and ignorant, commercial hoteliers and hawkers on the roads.

= Variety increases when science fails to illucidate and dictate the best. Variety becomes the fad, prestige and pride when scientific thought recedes. Man gets influenced and entangled in the darkness of ignorance. Traditions overrule the science and rational thinking power of argument overrules wisdom and needs. And then the educated become slaves of uneducated, and habits rule.

Following discussions on some of the subjects, is an effort to suggest creation of some better habits, traditions and social and individual customs on scientific foundations at proper age for Rational living and benefits.

They should be read, studied, understood, and practiced by him and then read more from bigger books and lead the way to a happy life till the end.

Elders, Schools, Colleges, media of education and spread of ideas and knowledge should help if possible.

This little presentation should open a new window to humanity for "ASHTANGA AROGYA" or Health Octave. That is the only hope and purpose in this compilation.

FOR YOUNG AND OLD ALIKE
GOOD "HEALTH"
A THOUGHT AND PRACTICE

THE K. H. I. :

Karnatak Health Institute is not an organisation meant for treatment of diseases by medicines and operations. The word "HEALTH" in it carries a far wider meaning for the human and the wise. It is an experiment trying to experiment on the Health-Octave idea of real Health, the true Health, and total Health consisting of 1) Physical Health 2) Mental Health 3) Moral Health and 4) Spiritual Health of an individual with automatic result of 5) Family Health 6) Social Health 7) National Health and 8) Financial Health.

ACTIVITIES OF K H. I. :

1) Physical education and exercises for developing the body and its maintenance 2) Quiet, peaceful and understanding atmosphere and environment for elevation of mind 3) Humanitarianism, Tolerance, mutual trust and love for maintenance of Healthy Family and Healthy Society, 4) Creches and Balwadis for children, 5) School for the higher ages, 6) Mahila Mandals for women, 7) Maternity services for the Pregnant, 8) Youth services for adolescent teen agers, are some of the many activities in that direction.

TEMPLE OF ALL RELIGIONS :

In this world of corruptions and perversions we have tried to develop a concept of

corrections and call this place as **“TEMPLE OF ALL RELIGIONS OR ISMS.”**

That there are many Religions or ISMS is mistaken in Reality. **“The real follower of any Religion automatically becomes a follower of all true Religions or ISMS in the world.”** Because real Teachings of all of them are the same and good in fundamentals, and aim at the Health-Octave only. They teach a person to be a Human and Superhuman. But corruption, perversion and pollutions, in habits, customs and thinking have rendered the Humana sub-human, unhuman and now an inhuman animal, with no love or respect for the Creator and a mutual hatred towards HIS supreme Creation—The MAN.

PRAYER -- ITS MEANING AND VALUE :

= Prayer is a system meant for reminding the human, what he is and what he should be. Good thoughts, good talks and good actions are detailed and reminded by the prayers, whatever be the Religion or ISMS followed. Its benefits are slow and certain.

= But it should be educative and reflect high culture and spread its concepts in daily repetitions and varieties.

THE OMNIPOTENT POWER, THE GOD, AND THE MAN :

= In the corrupt and perverted interpretations and presentation and repetitions we find we only Pray to an imaginary power called GOD by various names and then beg rewards from HIM for materialistic needs or spiritual elevations. It is misleading and corrupt and harmful method as it tries to tell the GOD of their conceptions what HE should do in return

for praises and offerings when on the other hand names HIM Omnipotent, Omniscient, Omnipresent, Omnipotent, and Omnific.

= And HE needs to be praised and told by us! What a fall!!

= Such wrong prayers and ideas have been responsible to make selfish, conceited, lazy and unhuman and inhuman fall with sin and misery.

THE RIGHT PERSPECTIVE :

= True and good prayers should help a man to be human and superman. Self-confident, selfless, self-developing, self-knowing, self-reliant, wise and imancipated. But it has to be wise and repeated with that purpose of self-elevation and not just praising and begging at the feet of All knowing and Allpowerful.

= That is why everyone must choose meaningful prayers whatever the language and whatever the ISM. Think over the Meanings and try to bring them into practice. Thinking, Saying and doing must carry the one and the same meaning and act. Otherwise it becomes a waste, Self-deceptive, and even harmful at moral and spiritual levels :

= K. H. I. has introduced prayers, morning and evening at 6 a.m. and 9 p.m. for years, broadcast in atmosphere hoping for above result and benefits. Discipline and Devotion are aimed at.

= This presentation aims at lessons in basic needs never explained by parents in family, Teachers in schools and colleges, Society in streets or Institutions, Governments in their duties or media in their papers, radios or T. V.s in right perspective.

= This is an honest effort for that purpose.

Some voluntary reactions on “OUR HEALTH” and favours

I. By Shri J. J. Shinkre, Ex. M. P. and Editor.
“Pradeep” GOA.

- + + + + +

= “Readers of PRADEEP like your writings. Some of them even preserve your articles.

The articles which I had published some time back from your book “OUR HEALTH” have been carefully preserved by many of the readers.

My intention of a HEALTH INSTITUTE in Goa did not succeed for some reason or other. But I am going to try and place before maximum number of people your ideas and thoughts which are so valuable.

Lot of ordinary and cheap material has been published in Divali issues of various publications this year. But I am proud to write that “A New world and a New vision” is a rare write-up with creative and long range values of importance not found in any of those publications.

Besides actual creative work that you have been doing, you are also promoting provocative revolutionary thoughts. I wish I had come to know you earlier to take up a similar line of action.

“A NEW world and a NEW vision” is not merely a chain of thoughts, not just an idealist’s thinking nor a presentation or an analysis of ideas. It is a beautiful combination of practical, moral, spiritual values which reminds one of teachings of *Rishis* and *Munis* to their pupils in the *Ashramas* of the past. There is great strength of meanings behind its words and expressions of thoughts.

- II. The series about HEALTH has become very popular and whole credit goes to you. Your style is simple and that has attracted the readers.

M. Nagaraj Rao

R. Editor, Samyukta Karnatak, Hubli

+ + + + +

- III. I read the Varta Patra of your Institute with great interest.

The writing is of fine style and highly thought provoking.

The world of your experience is vast and rich.

This is an uninvited comment because I like your articles.

Late Shri Ba. Ra. Modak

Editor, Mulanthen Masik

Nagpur

* + * *

There have been numerous letters from others too.

- = Contents of this book have been serialised in number of periodicals in Kolhapur, Belgaum, Hubli, Maharashtra and Goa, in Marathi and Kannada languages, for which I am extremely thankful to the papers Samyukta Karnatak, Pradeep, Simhavani, Veeravani, Gomantak, etc.

Hence now is this English modification for others.

May our tribe improve is the prayer.

M. K. Vaidya

1. OUR HEALTH

I. SECRETS OF HUMAN BODY :

Lessons for all young and old, specially the educated and grown ups for themselves and their children.

A human is basically built up from two sources or powers :

- 1) Genetic, hereditary, and in-born and
- 2) Acquired, planted, or purposeful.

GENETIC QUALITIES :

1) Genetic inheritance gives us the shape, colour, voice, size, appearance, height, birth, length of life-timing of death, etc. etc. with specific limits and restrictions.

Who controls the limits of our fingers, how, when? and all above factors? Non-stop working of heart, lungs, kidneys, bowels, brain, etc. etc., from beginning to end? The basic bricks of human being - **The cell** - which also works ceaselessly from birth to death - (and there are 60 trillion of these cells giving all parts and powers that we possess and enjoy as human beings).

The outward as well as minutest internal similarities in human, plants, birds, animals, families, and tribes and yet fantastic dissimilarities in one person from the other of even same parenthood. It is all so baffling so ununderstandable. What controls it? "**THE GENETIC POWERS**".

ACQUIRED, IMPLANTED QUALITIES :

2) For Acquired qualities, there are options before human beings which animals, plants and metals etc., cannot expect to gain. They are dependant for it on

environmental forces and their own will. A Human can use his will and determination and avoid environmental influences if he means and tries. He can plan and change or add to hereditary qualities also if he plans and implants them for some generations. That power makes him superior to other creations of the Creator animate and inanimate-

There is a life limit for acquisition, however, of implanting new qualities.

The effort has to be made by mother and father by training their own thoughts and minds even before pregnancy starts. For, will power with intense concentration is absolutely essential to transfer their plans to the offspring. And this concentration on the character and ideas becomes total responsibility of mother for 9 months of growth of the child in uterus and of the whole family from birth of the baby to 6 years of its life after birth in their house and in their charge.

It has been a discovery of science that whatever seeds of character and thinking are implanted and carefully matured in six years plus 9 months alone continue to grow. They cannot be easily changed and new qualities cannot later be planted.

There is one way to suppress them if wanted and that is under moral or physical pressures or fears - and that way is what is used in "DISCIPLINE" in families, military or various ISMS and Religions.

But there is one danger-if by any chance this fear or pressure gets loose or is withdrawn, the suppressed qualities will throw away this discipline and shoot up with vengeance and exhibit their hereditary and implanted qualities of first 9 months and 6 years.

Therein comes the value of "Trained and responsible parenthood" and seeds of extreme care of their offspring during this period.

And you can and are experiencing disaster in the social evolution and structure due to ignorance of ignoring this most important fact in marrying without their purpose and handing over of children to "Ayas" without culture and knowledge in this most important period of life of baby

And even after six years, this neglect is continued in schools and colleges where children grow independently and learn from each other and group in similar genetic and implanted qualities unattended by better humans. This society becomes a jungle instead of well planned, well groomed gardens.

For this purpose it has to be realised well that human brain starts working as a tape-recorder as soon as he comes in this world. It goes on recording anything and everything that comes before its microphones - eyes, ears, touch, taste that we know and other supersensitive microphones we cannot see but are activated by light and sound waves from various objects in environment far and near like the cosmic radiations from every object-human, animal and inanimate like stars which astrology has discovered and analysed and astronomy has confirmed.

It is absolutely necessary therefore that parents, family and society, must understand this most valuable fact and plan their child breeding to support their responsibilities by this scientific discovery in all their dealings with children even for their own happy future.

If good habits and good breeding are thus implanted from pregnancy to 6 years of life there should be no worries and needs of the discipline of fears, punishments and ISMS that ignorant humanity is trying to enforce after 6 years and has uniformly failed and actually and obviously degenerated.

Our forefathers had discovered this fact somehow and gave great importance to care of mother during

pregnancy and also gave great values to child and child breeding expressed with phrases like "CHILD IS THE FATHER OF THE MAN." Far more so is our Indian culture of ancient teachings through Healthy united family system and "SANSKRITI" or "CULTURED" methods of breeding.



Reader's Notes :

2. SLEEP

Early to bed and early to rise makes a man healthy, wealthy and wise

“Early to bed and early to rise makes a man healthy, wealthy and wise”.

Is a dictum all the more important to-day when society has lost values of leading an inborn discipline and is wandering in search of Health and Happiness in Jungles of indiscipline.

WHAT EXACTLY IS THE IMPORTANCE OF SLEEP?

SLEEP is meant for rest and recovery of energy for over seven lakhs of living organs and parts of human body which work during waking hours and likely to get tired and exhausted. This applies mainly to muscles which form the activating machines and powers and have a wear a tear function, which needs relaxation for recovery and efficiency. Sleep provides that relaxation.

Requisite relaxation is possible with minimum time 1) if mind is trained and also 2) in Yoga. But this is difficult for average man. For him the best way is sleep. Of course, there are organs like heart, lungs, kidneys, bowels, brain that can never rest; for their rest would spell death to the person. But in their case there is a special provision—reduce the load of work and that gives adequate rest. This is achieved by rest in sleep in flat position.

For example—in restful sleep movement of lungs may come down from 15–20 to just 10 per minute which may mean 50% less work. The warning comes when one feels “Tired”. And that should be respected as call to rest.

Why flat in Bed? Sitting, standing, walking, running are processes which need balance against force of gravity and a workload on muscles of whole body including heart, lungs, and skeletal muscles. Sitting, lying in bed and sleeping are the progressive stages and methods of useful resting,

Non-Stop working parts of body like heart, kidneys, bowels etc.. have provisions of working by shifts or working with spare energy which is often more than 75% extra and brings into action when load is increased or the spare power is reduced by disease, degeneration or age. It is due to these provisions that body keeps on working, even against outrages by man, for even 100 years without a stop or even despite illnesses.

**Here are some hints for securing maximum
benefits of sleep :**

Where to sleep? The place to sleep must be clean, spacious, well ventilated and without crowding of furniture or other materials including humans,

Moderate temperature, adequate bedding and big windows without direct flow of cold or hot breezes on the body are a must.

As a means of protection from insects, rats, serpents etc.. cradles, cots, and mosquito curtains are being used as required.

= Need of beddings and cover : These are used to protect body from hot and cold climates. But it is always better to give a chance to the body to protect itself by its own efficient machinery rather than overprotect it and cut down on its own efficiency. None is required for hot climates, of course.

= Prescription for bedding : It should be simple and clean. Mattresses of various materials, are really of superfluous luxury. Pillows too are not at all necessary. They

are often actually harmful. More the clothes more are chances of uncleanness. Bedding should be minimum, easy to clean, wash and store and not such as will make the body dependent on it, and endanger cleanliness. It must be washable even for lazy persons.

= **How much sleep :** For an average human 8 hours of restful sleep should be adequate for a healthy feel. In our country 9 p. m. to 6 a. m. may be the best period.

Children need more sleep as they are more active and tire accordingly. Old people whose movements are far less, need much less sleep say 3-4 hours may often be refreshing.

Habits are a wonder : It can refresh a body even with 10 minutes of deep restful sleep. It is an art that can be accomplished, Yoga is also an art and science which helps to work wonders in times and periods of sleep.



Reader's Notes :

3 DISPOSAL OF EXCRETA (URINE & STOOL)

Perspiration, saliva, and other excreta of body flow from body any time depending on their needs. If the same had happened to urine and bowels life would have been difficult and miserable for us humans.

This misery has been saved and prevented by special arrangement of storing in Bowels and Bladder with periodic impulses of evacuating them from these organs and control by brain.

We also have built some habits from point of view of usefulness and conveniences. Thus we have trained ourselves from childhood to empty urinary bladder 4—5 times a day and bowels 1—2 times daily and that is sufficient and good also.

There are some points from the point of view of science of health which, if observed well, always help protection of good health.

Present habits of evacuation of both on open grounds, gardens, fields, jungles, near water sources, like rivers, tanks, ponds, seashores etc., roadsides or where people move, behind compound walls, houses, trees etc., are extremely unhygienic, unclean, and even dangerous to public health from scientific point of view. Because.....

1. From the stool of human daily millions of variety of germs come out into our world. Some of them are very dangerous to health. Various types of worms, typhoid, dysentery, cholera, diarrhoea, anaemia, indigestion, and a variety of disabling or dangerous diseases get transferred from one person to many others if proper care is not

taken. Suffering, deaths or disabilities could be thus a curse to society also.

Stool particularly, when gets mixed with earth, mud or water, it spoils, vegetables, hands, milk, fruits, etc., and enters our body and causes various diseases.

A SCIENTIST HAS SAID.....

“If you get dysentery or worms, you must have eaten somebody’s stool”. And that is very true.

= Because of ignorance and absence of such scientific knowledge, our habits have become crude, unclean and unhygienic. We throw our urine, stool, sputum anywhere without consideration. They then spread diseases to both, ourselves, our own kith and numerous others who happen to ingest the dust, milk, foods, fruits and vegetables etc., contaminated by them.

I have noticed this dirty method at holy places like Banaras, Pandharpur, Rameshwar etc., at its worse where people evacuate on their own house tops, streets, river-side, seabeaches, etc. and spread dangerous life taking diseases and also build really dirtiest habits for generations without any consideration of effects.

BUT THEN WHAT IS THE BEST WAY ?

From several points of view - modern latrines are the best for evacuating bladder and bowels. Only handicap however, is the need for sufficient water for flushing them. Wherever water supply is a problem better substitutes would be septic tank latrines, pit latrines or well latrines which need minimum water. They limit disposal of excreta in definite spots and prevent mixing with earth, milk, vegetables, and water sources essential for human use.

After passing urine and stool:- some of the excreta and germs and worms in it do remain smeared to the anus

and around. So it is very necessary that those parts are properly and fully cleaned. **Bad methods are:** Use of paper, stones, earth and ash etc. or leaving it uncleared like animals. All these are unscientific. The best of all is cleaning with clean water which has many good cleaning properties.

Water with soap is the best cleaning agent. The ova of worms particularly, are so fine and so sticky, that they cannot be easily washed out from creases in fingers and palms and nail beds unless special care is taken to wash them out. This has to be kept in mind while cleaning with soap and water also.

Soap and water have the property of best cleaning agent and that is why that combination is ideal for even suspicious dirt and for protecting one's health.

CARE OF THE LATRINES

a) If it is a modern, flush latrine, one must see that it is well flushed and cleaned for use of next user. Otherwise after once dried it becomes difficult to clean and other users leave it more and more dirty until no one finally goes to it.

b) If it is a pit latrine then some earth should be put to cover the stool before leaving.

c) In other types small quantities of water suffice to flush fresh excreta.

If this is not done in time and properly another great risk arises: excreta remain open and flies gather on it. These are fond of dirt and food. They sit on both and thus transfer germs and eggs of worms to food we eat and become carriers of diseases.

That is why flies are detested in hygienic teaching. They are neither allowed to breed nor to touch food which must be kept covered if flies are seen.



4 CARE OF THE MOUTH AND FACE

It is a good hygienic habit to go to toilet first thing in the morning and wash hands immediately with soap and sufficient clean water, scrubbing well to clean all the creases on palms and fingers, nails and webs to make sure that no dirt remains in them. Dirt carrying the invisible worms and germs causing diseases discribed before.

It is also necessary that this washing of hands is equally important before and after eating food.

Ignorance and neglect of this very important hygienic habit is responsible for infection and infestation of nearly 90% of our population in India and also in many other countries. This should particularly be made known to mothers who make their children empty themselves anywhere and then do not wash them properly. A very very bad habit by which children and society become agents to spread the diseases and harm good, strong, healthy development of human beings. For, most of these diseases become chronic and lie hidden even for a life time, visible or invisible.

Cleaning the mouth : It is a very good habit to clean well face, eyes, ears, and teeth after the hands and ablution. This is best done by good clean water. Oily face, discharge from corners of eyes, dust and dirt which collect from outside in nose and ears with some discharges excreted by body, all this must be washed and cleaned. This way tiny pores of the skin get opened up and automatically they work better and face becomes fresh and bright and mind also fresh and happy.

CARE OF THE TEETH AND GUMS :

Care of teeth is one of the most important responsibility in human life.

Nature has given this responsibility to saliva and the tongue which work constantly to keep them clean and strong round the clock. That is why in animals and normal human beings living in natural surroundings in jungles and eating natural fresh foods no special or additional care becomes necessary and their teeth remain strong, clean and useful throughout life.

Even in civilised human eating cooked and processed food without control or restriction of a balanced diet, tongue and saliva do their best and when they find difficulties, they send constant messages to the brain so that brain asks the mind and hands to go and clean where tongue fails.

But if man ignores these repeated signals body and brain also ignore them and prepares itself to lose cleanliness.

As soon as you get up in the morning, just before you get to bed and immediately after you eat or drink anything, it is absolutely essential that you **gargle your mouth vigorously** with enough clean water every time. If this is meticulously done brushes, powders, and pastes are unnecessary to strengthen your teeth. Actually a tooth brush is a dangerous instrument, a dirty weapon if its use is not made properly and scientifically as will be indicated later.

THEN WHY DO TEETH GET CARIOUS AND WORN OUT ?

Everyone must know why human teeth become carious, painful, shaky and gums also get inflamed, infected, receded, harmful and useless. Even in those who clean, rub, wash them.

Modern science asserts that if proper care is taken teeth must last a life time like eyes, ears, hands, legs, tongue, nose etc. But due to ignorance and carelessness, man spoils his own good chances.

WHAT CAUSES DAMAGE TO TEETH ?

(I) Changes in food habits is the main cause :-

- a) Improper use of teeth due to cooked and processed food.
- b) Damage to solvent and protective qualities and powers of saliva produced by wrong food habits.
- c) Failures in balanced diets and nourishing elements in food necessary for good quality saliva as a cleaning agent.
- d) Too much reliance on brushes, powders and pastes etc., without studying and practicing the extreme care necessary to make them safe.

II) Ignorance and/or negligence of great value of good strong teeth for health, and dangers of bad teeth.

III) Diseases of mouth and body caused by use of unclean hands for eating and handling foods.

It is faculty of human organs that they gain efficiency, power and strength if they are used more and more with proper understanding. **Muscles get stronger and bigger** by exercise or work. **Brain and intelligence** as well as wisdom grow by its use in complicated problems. **Heart becomes stronger and powerful** by hard exercise running etc. **Teeth become strong** by eating raw, hard foods, fruits, vegetables etc. **Body becomes efficient healthy and strong** by taking balanced diet of (1) body building (2) body nourishing and (3) body protecting foods. **Less is bad & More is Worse** is a golden rule never to be forgotten. Balanced diet also maintains digesting and teeth cleaning qualities of saliva.

Unfortunately man seems to be under a false and self destructive idea that more they use the body powers more they wear out and become weaker by wear and tear principle of metal machines. That has made him the loser of precious capacities.

Fresh foods, raw materials, hard eatables, are far far better for both teeth and saliva to increase their lives and cleanliness and strength.

Cooked foods, fried and fast foods, soft foods, are to be avoided or used minimum in the interest of general health as well as dental hygiene and health.

There was a period in America between 1940-1960 when large population had to get their teeth removed as early as at ages 30-35 and replaced by artificial teeth.

Health care scientists and Government got very much worried and battled at this serious development.

Research on a wide scale was then carried out and with a study of 10 years facts proved a very revealing fact that during that period consumption of sugar which was about 9 pounds/year per head increased to 92 pounds per head per year and that was exactly the rate at which teeth also were decayed and diseases increased. Chewing gum was another bad habit which had grown.

It was after this shocking finding that deeper studies were taken up and intensive propaganda on health care introduced under the 4-H scheme for the whole nation to awaken children, parents, teachers etc., to facts for improvement of the malady as well as general health.



5 SOMETHING ABOUT TEETH

Man gives little value to things he gets easily and without effort, however precious they be. This is very much true regards our body and teeth too. Teeth form a very very precious gift to us. But.....

Like arms, legs, nails, hair, eyes etc. teeth also were made to last a life time. That is the opinion of dental scholars and experts.

Tooth is made up of an extremely hard material called "ENAMEL" that is why it can crack and break hard materials and make them easy to eat, swallow and digest. Teeth of various sizes and shapes in each mouth have the power of nutcracker mortar and pestle, grinder mixer, knife, cutter like a variety of machines to powder, soften, mix and make a paste with the help of tongue and saliva very efficiently and all at once.

This is the way teeth play an important role in preparing our foods suitable for nourishment of the body with usual power and ease. But ignorance does not allow human to understand the value and so no proper attention and care are given to such valuable gift and possessions. So comes a variety. Fingers, powders, brushes, pastes, sticks, leaves, coir, tobacco, coal, ash, salt, sugar and a variety of materials or none at all are prevalent under the name of "Care of Teeth". This is picture of good intension, ignorance of need, and blind following.

Variety which comes out of traditions and imperfect knowledge disappears when experience, deep study, observation, research and science, brings definiteness to needs procedures and results. Man must work and struggle for that definiteness based on science for every thing in his life.

From that point of view following suggestions may prove useful, helpful and beneficial for long life of teeth to everyone :-

1. Teeth should be fully made use of chewing, cutting, grinding the food that we eat
2. One must eat enough of hard, uncooked clean health giving food in sufficient quantity.
3. One must eat less of sweets, soft foods, fast food and drinks artificially mixed and made.
4. One must not eat frequently. It is bad habit.
5. One must eat definite quantities in a balanced proportion **body building, body supporting and body protecting** foods in daily diet. (Proteins, fats, carbohydrates, minerals and vitamins.)
6. One must get his/her teeth checked by experts at least once a year and know their care.
7. After ablution in the morning and after eating or drinking any time mouth and teeth must be vigorously gargled and cleaned every time or brushed clean without fail. (Good gargling with good water is a better and highly simpler and economical method. Better than crude use of brushes, powders, pastes etc.)
8. One should never delay filling of decayed teeth removal of carious teeth, replacement of removed teeth under advice and care of good dental Surgeon.
9. One should not get brain-washed and carried away by advertisements to use brushes, powders, pastes, mouth washes etc., without proper dental advice. That way you become the loser of health, teeth and money with doubtful benefits.
10. You look your face in the mirror for one reason or other to make it beautiful and clean. Make it a habit

to also look to each tooth. So that eyes being very sharp will bring to your notice any change in teeth, warning of its disease, holes, caries, gums, etc. and help you to take timely action or advice. For **prevention is better than cure** much more so in teeth.



Reader's Notes :

6. TONGUE AND MOUTH

Childhood habits become firm and final

If good water is used and well churned in mouth, teeth, tongue and whole mouth cavity must be excellently cleaned.

The method of scraping the tongue for making it look clean is a wrong conception.

Tongue is a mirror of health and digestive system. It automatically remains clean and healthy when bowels and digestion are good.

Scraping damages the delicate papillae on the tongue and spoils their efficiency. It does great harm to its machinery. Use of silver, gold, plastic and any cheap or costly varieties of strip is no justification. Physical and technical harm does occur. On the other hand good gargling does the cleaning without harm or damage. Good saliva and tongue do it day and night.

TEETH AND TOOTH BRUSHES :

Brushes are universally used by a class of people for cleaning the teeth. It has become a fashion rather than a hygienic habit or necessity.

But if not scientifically understood and used it becomes one of the dirtiest tools of educated world.

There are millions of germs in every mouth. These germs get implanted in the crowded bristles of the brush. With them also get implanted the food particles in the same bristles. They serve as food material for the germs and they find it easy to multiply million times in 24 hours if not properly cleaned. Ordinary washing does not dislodge either the germs or their food. After that if they

are kept in a closed container, it serves as an excellent incubator to multiply. And next day man puts that poisoned brush again in the mouth with germs million times dirtying it. And then he wonders how he got pyorrhoea, caries, stomatitis, and such other ailments despite brush, paste and once or twice their use religiously.

- = Brush never gets clean and sterile by washing lightly.
- = Germs do not die by use of paste and powders.
- = Boiling water is the only germ killer for certain.
- = But it also damages the plastic brush and bristles.
- = Infected brushes thus can cause caries, pyorrhoea and shaky teeth or tartared teeth and then doctors have no alternative but to advise their removal.

SO IT IS BETTER NOT TO USE A BRUSH

INSTEAD OF USING IT WRONGLY :

If you are keen on using a brush :

1) First study the brush its material, its bristles, how to use it, when to use it, how often to use it, which brush is good, which brush is bad, what is the best way to care for it, and when to change it. After this study you can use it with safety.

2) Get to know from a good expert the method of brushing teeth, force to be used, which type would be safe for your gums, teeth etc. There are soft, medium, hard, extra hard, hair, plastic, nylon and a variety of bristles and brushes. You must choose one that is best for your gums and teeth.

3) After **each feed** you must brush teeth with a new brush or gargle mouth well. Then wash the brush scientifically, hang it to dry. Never put in a box, never near other person's brushes, never on window sil.

Soft bristles of the brush become too soft and hard become soft. It comes to its normal consistency when well dried in 24 hrs.

4) Brush should be rubbed in good lather of soap after each use and rinsed well in running water and then hung to dry.

5) If bristles of the brush get bent, soft, dirty, worn out, immediately discard it and get a new one

6) Do not allow pastes and powders to go into the brush. It is better to use them on teeth and gums by fingers, wait a while and then brush.

7) If you feel all this care cumbersome, in our country leaves of mango, Caju or sticks of neem, Babhul, Jambul, Bakul can be used with advantage. They help to chew and harden teeth, improve gums, and are easily available, economical and free, and hygienic. A new one every time.

8) And finally it is far better to gargle well every time you take food then clean once or twice a day with ignorance of care with brushes and pastes and feel that you have done your duty well.

9) As soon as we start eating, digestion of the eaten food starts in the mouth and whatever gets caught in spaces between the teeth, if not immediately cleaned away, gets sticky and fixed at gum margins and crevices of teeth. After some hours it remains fixed and then even brushes find it difficult to dislodge.

If this is understood, the need for immediate brushing or gargling will be better understood and help to get the teeth last a life time.



7 MORNING BATH

Any habit good or bad starts in early age

Just as evacuation of bowel and urine and cleaning of teeth, mouth, tongue helps to remove all the dirt from inside of the body and clean the way for continuously produced excreta, similarly, cleaning of outside of the body with a proper bath to clean the tegumen or skin that covers the whole outside of man's body parts, helps remove the dirt and dust that skin produces while cleaning the internal organs covered and protected by it and also sticking to it from external dust and impurities.

The impurities are of two sources :

- 1) Those from outside: Dust, germs and other dirt.
- 2) Impurities from inside: Oily and watery substances like perspiration, sebum, etc. from skin, ears, nose, eyes and genitals etc.

Our skin has crores of tiny openings. We never see them with naked eye and also we are not even aware of them except by the presence of hair which grow out from some of them. The others throw out perspirations, and from many others come oily substances, mucus and such slimy sticky crusts etc. for each of which there are different openings.

They have a double function.

- 1) Attracting poisonous substances from the inside of the body and throwing them out, thus cleaning the inside of the body and
- 2) Lubricating the skin to keep it smooth shining, clean and well nourished to help its another function of covering and protecting surface organs like eyes,

ears muscles nose bloodvessels, nerves etc. etc. which are so valuable for our existance.

The ideas of bath seem to have developed, parhabs because skin cannot effciently throw out these excretory and harmful products as body does with urine, stool, expectoration etc., in its natural powers.

We have to use external powers to clean products collecting on the skin and so we use bath.

If we do not periodically clean these unwanted collections on the skin they accumulate, irritate, block the millions of pores that produce them - and not only we develop bad odours, but block the passages for new excreta. This spoils the process of protecting by the skin cover, so also its nourishment and growth. Destructive and harmful processes take charge, dirt and germs find it easy to accumulate and grow and a large variety of internal as well as external diseases start damaging our health. Various skin diseases-eczemas, boils, and many of internal diseases take root and make human life miserable often even inviting death.

Why did nature develop such a harmful system? If it does so much harm to smooth healthy life? What was the need?

All the millions of processes and organs of our small big world called "human body" are the result of millions of years of intense desire and efforts and experiments to grow and become perfect in even the tiniest unit of our bodies and these each unit called living cell trying to improve its efficiency. Each human adult is made up of 60,00,00,00,00,00,00 units of cells. It is thus a huge world in itself and a wonderful experimental world of these cells with non-stop experiments for betterment and progress. Every second, days after days and nights after nights.

Hence it is a most important duty of every human to know the various efforts and help the processes of protection, maintenance and growth.

We have to look at the tremendous use and function of the skin cover of our bodies from this angle and create our habits in such a way that skin and body get maximum intelligent help and support for the function.

Throwing out of harmful products from body, maintaining body temperature to its best of 97-98 degrees and physical cover to protect all the delicate organs under it etc. are functions developed through ages, by experience continuous experiment and improvements with help of each of 60 trillion cells and groups of cells. And all improvements are result of deep thought, experiences and needs which have helped to increase, improve, and implement to make man the best and highest creation of GOD the Nature.

With knowledge of this wonderful picture it becomes our religious duty to be meticulous in cleanliness, useful habits and also a social and personal compulsion to do everything possible to look after ourselves scientifically.

In the case of skin-care there is no better way than rational use of the best medium-the clean water.

And the process of cleaning the external cover of our bodies is what is called a - BATH.

Understanding of these basic facts once known will make it easy to understand why the bath and also when, how often, which way, with what water and changes necessitated by conditions of health, climate, country, season or other relevant conditions we will study in following writings.

THE NATURAL WAY OF CLEANING :

Skin is made up of several layers of cells and they have a method of easing off superficial layers every day. It takes 27 days to cast off one full thickness of the skin in this process. That is nature's way of cleaning off the internal dirt as well as external deposits of dirt and germs and this helps cleaning in man as well as all the animals and birds etc. continuously. Another wonderful ability and method of Dame Nature. Man has added his external method for surety and support using his own intelligence and wisdom.



Reader's Notes

8. BODY BATH (Continued)

Habits become permanent so choose in time

It is very easy and most essential to wash daily all the dirt collected on the body with good water – the best solvent.

As an additional help soaps and soapseeds are also used as good solvents during the bath. And cheapest and best is a rough cloth.

HOW OFTEN TO TAKE BATH ?

One cannot go by any fixed rule for this. Because harmful and dirty products are continuously thrown on the skin from inside, and germs and dust from outside and there is no provision to store them and then throw them out from collections as is done for urine and stool. Under some conditions of work, climate, season, colds, fever etc. one has to clean nose, eyes, axilla, face very frequently as perspiration, and other discharges continue to make life uneasy. In very hot and moist countries and season one may feel the need to bathe even 3-4 times a day. Similarly when exposed to sun, dust, etc. in travelling or working in mines, engineering, road making, construction, gardening etc. one must rub well and bathe at the end of such works.

Otherwise in normal course, once or twice a day will be the basic need for a bath. Early morning to wash away all accumulated dirt of 12 or 24 hours and once in the evenings after working or exposures to dust and dirt at least from exposed parts like face, ears, arms and legs.

HOT WATER OR COLD WATER? :

If water is pure and clean, cold water is best. If not then boiled and adjusted sterile water is safe and suitable. Muddy water must first be filtered, treated with Alum Crystals, then boiled, cooled and used for bath or drinking.

All weak and sensitive persons have to be cleaned with warm water to avoid chill and as a better cleaner for others. If habit is created, cold water can be easily used even in cold climates with pleasant and fresh feeling. That means such a habit is useful and healthy.

Use of soap, soapseeds, and other cleaning agents :

The cleaning agents are really useful and help a lot if judiciously used, and facilitate cleaning dirt.

But those who cannot use them should not feel helpless.

Body has its own ingenious method of discarding daily its superficial layers by replacing them and making them loose. So the internal as well as external dirt automatically falls off with these layers.

When this nature's arrangement is taken into account one comes to a much simpler and easier method of cleaning the dirt, dust, and germs. And that is to gently rub off these discarded layers of cells with good water and a moderately rough cloth. It needs no soap or detergents. That bath becomes scientifically correct. It also tells us that for normal bath, soap is not necessary and lot of expense on soap can be saved.

Varieties of Bath: Just dipping or swimming in water, tub bath, mud bath, ash bath, shower bath, bathing with a bucket and pot etc. are in use.

Of these taking the purpose of bath into account either shower or bucket and pot are the only two reasonable, economical and clean. Swimming pools and Tubs

have their own unhygienic drawbacks. Because they can spread venereal diseases, skin diseases and dirty the skin instead of cleaning it. People also often pass urine when in water. That realisation and bad experiences have forced even advanced countries to stress in their advertisements "Shower Available" posters permanently.

TO BE BRIEF :

- = Bath must be taken for cleanliness of body cover-SKIN
- = Cleanliness means : getting rid of dust, dirt and germs collected on skin from internal and external causes.
- = Clean water liberally used is the best agent. Rough cloth is of good assistance. They are economical and enough.
- = Soap and detergents may be used if necessary.
- = Creases of hands, joints, ears, nose, groins, neck, arm pits, genitals, eyelashes, hairy parts, must get good attention

If hair are not cut and purposely grown long, the hair roots must be carefully and fully cleaned. Otherwise it is better to cut the hair short enough and easy for cleaning.

Similarly if kept properly protected by cloth, hat, cap etc. it becomes extremely easy to protect from dust, dirt, germs etc. and wash without doubts.

- = Choice of hot or cold water is left to your judgement.
- = Cold water, clean water, shower are best from the point of cleanliness, economy and pleasant feeling.

TWO EXAMPLES OF IGNORANCE :

My professor of Surgery, Dr. M. M. Pandya, was practicing in London for some time. He told us his experience that people there dreaded a bath. The result was unbearable smell of their bodies. He had therefore devised

a stethoscope with long tubing. And he used to stand at a distance and give the bell of this stethoscope to patient or relation and ask them to place on the spots he wanted to listen to sounds.

If he told the patient to shift to hospital they would flatly refuse saying "You don't know doctor in hospital the first thing they do is to give a bath. And we would prefer death at your hands here."

The other was my own experience in a hot place like Goa, where I heard a Black-gown padre complaining while airing himself with a pocket-fan "I have taken a good bath this year but it is so unbearably hot here."

Learn the hygienic and healthy way and then look out and there will be many many examples of ignorance of such types.

Reader's Notes :

9. EXERCISE

Habits are Easy to make — Hard to break

If morning duties are performed properly, understandingly, and scientifically an unusual freshness, satisfaction and pleasantness is the reward.

For that and then an additional duty of scientific exercise becomes a highly essential and beneficial asset.

With proper exercise the whole day gets reinforced with a physical, mental, and moral strength which is rare.

WHAT IS THE EXERCISE? AND WHY FOR ?

A major function of numerous body parts made by the Creator to bring life, movements, efficiency and progressive development of our bodies and society are the powers to contract and relax to cells, muscles and their organs. That is how our movements, our varieties of works, our efficiency etc. are kept in action for maintenance and progress, sustenance and longevity of life. 1,20,000 k.m. of blood vessels and continuous blood flowing through the heart that pumps this blood through them at the rate of 1 to 2 lacks of times a minute, food passages, digestive power, excretion of urine and stools, working of eyes, ears, joints, talking, eating and what not. All are controlled by these powers of contraction and relaxation of millions of muscles.

Many of these functions come under the control of

- 1) involuntary, automatic muscles and others under
- 2) voluntary muscles under control of our will.

Besides as the body is a whole unit, we can also activate involuntary muscles indirectly. We can increase

their strength, speed, nourishment etc. for better performance. It must also be remembered that if we do not increase their use, their efficiency and power goes on reducing and with progressive disuse atrophy = they would degenerate and go to lowest levels of usefulness.

This strength and efficiency must be maintained at its best. Blood circulation, muscular power, brain power, digestive power etc. should and would remain at their best only by their more and more use. And that is the purpose of exercise in scientific form. And for that we must have an adequate knowledge of each muscle and muscle group, their position, functions, limitations, higher and lower limits of their powers, how often they must be and can be activated with benefit etc. are the informations one must use for benefit of body power, growth and efficiency. That means the word "EXERCISE".

Proper and balanced exercise makes the muscles strong and healthy. Body also becomes efficient, strong & healthy, digestion improves, nourishments improve, brain, heart, lungs, bones, joints, trillions of cells all get good nourishment, and growth processes. Excretion of bad products pass out through urine, stool, skin, saliva and other parts and make it impossible for diseases and germs to create a pathology and destruction.

SOME IDEAS ABOUT "EXERCISE"

(Ignorance is vast and sadly in Vyayama)

Once an M. B. B. S. Doctor - who is supposed to have best knowledge of body and mind - but too poor a weakling, came to our department for examination and advice.

Professor obviously pitying asked a question :—

- = Well, my friend do you ever take exercise ?
- = “ Oh yes ! certainly I do ! ” said he. Body saying “ No Sir !! ”
- = “What do you do Dand, Uthabashyaa!!” he asked again
- = “Yes both! dand and uthabasha !!” an obvious lie
- = “How many? one or two!!” asked our Prof. in derision
- = “One!” the doctor said with certainty, exhibiting his total ignorance of “Exercise” ridiculous for a Doctor.
- = “ What one ? !! you should take at least 100 if you want ” - derided the Prof. shaking him vigorously in shoulder.
- = If this is the condition of an MBBS Doctor - what better should you expect from others.
- = Of course this is an extreme case for an example



Reader's Notes :

10. EXERCISE AND EXERTION

You Choose and build Habits

= For want of definite conceptions and education about exercise as in all other subjects, people entertain and express variety of their ideas about "EXERCISE".

Why take exercise at all? also gets varied replies.

I go for a walk of 2 miles daily. "I play tennis for an hour every day, I do 1000 presses daily "

Tennis, badminton, table tennis, football, cricket, swimming, yogasanas, malkhamb and what not. Everyone explains and does in his own conception and calls it "EXERCISE". And a human nature—Thinks he is right and often spends (or wastes) lot of his time doing that.

If seen rightly - many of these are "Exertions" instead of exercises. Many are false conceptions and too inadequate.

A real good exercise must be balanced and reach every muscle and part of the body in proper sequence and proper proportion to be useful.

Here are some inadequacies in each :

- 1) Majority does not take exercise due to overwork or laziness.
- 2) In all above mentioned varieties balance is missing. Some parts get no exercise and others get over exercise only.
e. g.: Running, Tennis, Cricket etc.
- 3) Walking is no exercise at all from that angle. It takes time and gives hardly 20 deg. of movement. That too only for legs. Where 180 deg. is normal range. This exercise (?) of 2 hours can be taken in 20 minutes in bed, with full 180 degrees each time.

- 4) Exercises like wrestling, tennis, cricket can be taken as exercises for competitions in unilateral development.
- 5) Average man needs none of these for maintenance and development of his efficiency of body parts for a healthy life.

EASY WAY OF A BALANCED BODY MAINTENENCE METHOD :

Anything, practised scientifically becomes systematic with minimum time, minimum effort, minimum expenditure and maximum benefit. It also avoids jumble of opinions and confusions. Results are definite too. Same is true of exercise. There is no question about its usefulness and need for good health. Only problem is which type is best, beneficial, scientific, easy, economical and convenient to any or all classes and ages of people as a rule.

And from those angles the simplest and the best is one that can be done in homes at any convenient time sitting or lying down and suitable for any age, any sex, any condition of health as will be seen :

One has to only understand and pick up various movements of various joints in the body and do those movements easily 10 times, 20 times or more one by one in a serial order.

You may start with fingers, wrist, elbow, shoulder of one arm. Rest it and then start same sequence in other arm then toes, ankles, knees, hips by turns, back, neck, abdomen, eyes, ears, etc.

This method gives in 15 minutes which walking of 1 or 2 hrs. cannot give. Another great advantage of this system is freedom to concentrate on each muscle and arms, legs, abdomen, back etc. and gain maximum benefit in minimum time and effort. There is good relaxation, no exertion and exhaustion and day goes fresh and energetic.

There are valuable benefits which you cannot get from games or athletics which are specialised exercises concentrating on competitions with no concentrations on muscles, joints and specific functions of the body parts which should be the only targets in "EXERCISE".



Reader's Notes :

11 CLOTHES

Good habits make life easy and contented

IMPORTANCE OF CLOTHES IN OUR LIFE :

In order to maintain numerous life saving and life building mechanisms in the body and to give a solid protection to the organs, tissues and processes required for them, Nature has given a fantastic covering to them all in the shape of skin.

It protects us from climatic changes, from dust, dirt, diseases, and injuries. It helps to regulate body temperature at the best required levels. It prevents germs from getting into the body and maintains its own independent mechanism of repairs, replacements, hygiene and cleanliness.

This wonderful tegument is called the SKIN or dermis. It has an additional power of adjustment to environment and living conditions. Hard, thick, tough, hairy, tenacious are some of the qualities it can develop as per need. We can see these changes in animals in different species, in birds of all types, in fishes of varieties up to whales etc. each depending on its genetic and environmental needs. Nature helps them.

Cloth is an invention by human being. It is an additional protective cover, an additional armour which is necessitated by his nomadic migrating power to protect man from scratches, injuries, changing climate, dirt, dust, violence and "evil eye", accidents etc. Later when shame and shyness were added to human etiquettes they also served to hide or cover the parts classified in them as private.

Later "Fashions" and social - often unscientific and un-necessary - additions were added to them by people. So now we see the varieties from nudism to the level of even using ties, woollen suits etc. even in hot climates, burning heat, and profuse perspiration.

Blind following is a curse (sin). Very often there are people in cold countries and even hot climate like ours who have not taken a bath for months and months. A clean habited person gets a foul smell if he goes even near such persons. But they do not feel it due to habit. This foul repelling smell is due to collection, drying and putrefaction of perspiration and other bad discharges from millions of pores of the skin, because they are neither washed nor rubbed away for cleaning.

Those who use unnecessary and unwashed clothes also have additional factor of dirty clothes to smell bad and they both only aggravate tendency to illness in man.

The word "Shame" or "Shyness" in hiding parts of body by clothes, has no scientific or hygienic foundations. These are mostly social factors or restrictions. From a loin cloth to complete cover in "Purda" system in Muslim women are available to see. "Fashion" is but a fantasy. I think it has no particular purpose, Science, Religion, custom or base of any of the sciences to support it. Scientific justification makes anything into good culture. Otherwise it can be turned whimsical.

Here we only have to consider the scientific thought if we choose to use clothes.

1. If we use no clothes at all, body had the supreme power to adjust itself to any environment and climate.
2. It plans its own protection in its own efficient way. Both with internal and external changes necessary.
3. The homosapiens, the jungle tribes of humans, animals, birds and fishes etc. have therefore their own

protection powers depending on their habits, environments and needs by heredity and acquired powers. That is why they can easily face adverse conditions without additional armours like clothes or steel covers which man alone devised and used. Some of them like flying birds change their habits seasonwise because of their power to fly thousands of miles for a comfortable climate.

Man on the other hand, creates safety devices wherever he goes being gifted with powers of creating. And one of them is clothes suitable for extremes of cold, heat, speed etc. which help him to face even places of extremes and skies, oceans, and even outer space with safety, comfort and ingenuity.

Cars, trains, aeroplanes and spaceships have made it a part of human life to change places, climates and environments very fast and face a new unaccustomed condition.

Body powers, however, cannot produce its own protective conditions so fast. It has to be a process of generations.

But man is gifted with wonderful additional powers like intelligence, wisdom, creating, understanding, anticipation, forecast and ability to fight adverse conditions with artificial aids. The scientific minded humans make deep study of self, animate and inanimate creatures and substances, environments, evolution, skin, earth and oceans etc. and learn to progress. Some daring among them try or carry out experiments on themselves, animals, matter etc. and whenever they are safe and successful, hand them over to others and bring changes wholesome to society of human as that is how artificial progress has been achieved.

It is the same process by which such scientific and humanitarian minds brought down a society of cannibals stage by stage improved through ages to big animals, small animals, fishes and birds, fruits and vegetables,

then roots and dry fruits, dry leaves and water and air and at the final stage living only on air and water the only purpose being to avoid killing lives whether human, animals, birds and when it was realised that even plants have lives then even living plants.

It was a long and long process as each experiment had to be perfected on self, small communities, and then large humanity. The human bodies also take long periods of generations to adjust their physical, psychological and chemical mechanisms on individual and mass scale. It was done.

And yet newer and newer ideas come forth and in the interim periods demand temporary external aids during the process of permanent adjustments by the body powers internal as well as external.



Reader's Notes

12. CLOTHES (Continued)

Select your habits carefully. Once formed, no change

THE NEED FOR CLOTHES :

Cars, railways, aeroplanes, spaceships have made the man change his environments with speeds that human body cannot cope with for adjustments. Body takes generations and millions of years to make each new adjustment within as well as from without.

But because man has a great gift of intelligence and knowledge with which he has been continuously exploring, studying, learning and experimenting to find ways and means to devise speedy methods to master and utilise the variations he has to face in his exploits.

And this exploration and utilisation of newer ideas has continued for millions of years incessantly and successfully to rise higher and higher. That is progress.

And this progress has led a cannibal with animal instincts to become a civilian human to live on just roots, fruits and vegetables, air and water, clothes and houses and culture which makes him say that cruelty is a crime. The progress has not stopped there. He has realised that even trees and plants have life and the scientist, humanist, experimentalist is still going ahead to find and train human bodies and minds to live safely without killing those lives too. It may take thousands of years for success of this ideal. So in the transitional period he takes help of external artificial aids to face the changes.

On this background one has to understand the part being played by clothes as temporary aids.

1. A good cloth or cover must help and not obstruct the protective powers and vital functions of body parts.

2. Such protective help is needed a) during illness
 b) if due to ignorance we do not help changes and growth
 of natural protective powers c) When we have to face
 rapid changes in our environment due to speed, due to
 seasons and natural changes
 in extreme climates and travels into extremes as by planes
 and space ships.

= Our clothes have to be planned for such changes.

- 1) We must first know why clothes are necessary.
- 2) We should not be afraid of temporary and bearable changes. Body should be allowed to face them and condition itself to face them.
- 3) Clothes must never be tight. There must be free ventilating space between skin and clothes.
- 4) Clothes must have absorbing and cleaning property.
- 5) Clothes should not be easily inflammable.
- 6) Clothes should not cause any difficulty or obstruction in our work, our movements, or our comforts. Its quality, cutting and tailoring must be so planned.
- 7) Clothes should help and not obstruct our natural protective powers and processes. If at all they should help them. Dependence on them is bad.
- 8) Clothes must be easily washable, must be daily or periodically washed clean, and must be changed as soon as its protective power gets weak.
- 9) Fashion and shame are not scientific from that angle. And economy is a great factor in our present world. It has become a social problem for the economically backward and mentally brain washable class.

And the best answer and solution is recourse to scientific argument and living. Where need becomes more powerful than fashion and blind following or so called social stigmas and pressure.

Rich or poor and even the affluent can be easily brainwashed due to dark clouds of ignorance which make them blind and go along paths or routes and lead similar persons in society to illusive and unnecessary expensive lives which are miserable and wrong.

Tight underwears, tight and thick clothes, unnecessary and unscientific designs in the name of fashions, mental poverty in competitions in useless designs, number of clothes, varieties of clothes, showmanship and exhibition in them not only increase costs but also uncleanness, dirty tastes and dependance on tailors, laundries, servants, furniture to store them and finally lack of time or energy to care for them as well as for body powers.

Less is bad may be - but more is worse.

New habits develop. Underclothes are unnecessary and increase costs. So one finds them unclean, torn, dirty and tendency to hide the shame by covering the underclothes with better overclothes only. Tight and dirty underclothes invite skin diseases and devitalize skin resistance to face dirt, diseases, and weakness of its own resistance to protect vital organs.

Habits are easy to make but hard to break. And man slowly also forgets cleanliness of overclothing, its purpose, and need, and invites illness, more cost, and then uncleanness, and mental alertness to it in the long run, using colours, sprays of scents etc. to hide stains of dirt and bad odours from clothes and bodies.

In such conditions I remember the no-clothes men, no-bath animals and birds. The cave man, the nudist and very high thinkers like the Digamber Jain Swamis who become far more cleaner than the man with clothes he uses without knowing their meanings and distorting their values.



Reader's Notes ;

13 OUR DIETS & FOODS

Habits may crop in unawares so be alert always

Our health, inclinations, culture, growth and maintenance mainly depend on our daily routine and our diet. But social and environmental forces have brought such peculiar changes in thinking and living that man has forgotten his wisdom and remained only an "**intelligent animal**" as he himself says. Result?...

"How to live is in everyone's hands
But no one bothers about it
How long to live is in no one's hands
But everyone is worried about it"

And to-day, for the educated as well as uneducated the dietician has been the Hotel-man.

And he being badly commercial he sells his foods by giving colour, smell, appearances, taste, presentation and packing in attractive forms. Under these guises, he usually masks the qualities of food-stuffs and sells even unclean, uneatable, useless and harmful food-stuffs to the buyer and makes huge profit. And buyer-poor ignorant man, indiscriminate even to his own health, life and most precious body, eats even from open carts on streets, public places dirty and dusty environment with flies on foods carrying varieties of germs in their legs.

Many and even the Health-care master, and government, also know this and the risk to lives. But habit forces them to forget or ignore the facts that in addition invite diseases and deaths.

In my experience more than 60% of illness is invited by ignorance about good diet or carelessness about recognition of it.

Before existence of hotels and open food carts the mother used to control diet and diseases were less to a certain extent.

What is a good diet? How much should be the quantity? When or how often should it be taken? What should be seasonal variation? If these points are studiously studied, and scientifically observed by every human, and a balanced diet taken most of the diseases in man will be prevented and a sturdy, healthy nation should arise saving tremendous amounts of food and medicines, illness and work days, poverty and suffering.

1) Irregular eating in quality and quantity puts heavy strain on digestive powers and upsets balance and regularity and stability of numerous body processes.

2) Unbalanced diet destroys the supply and use of
a) Body builders b) Body feeders and c) Body protectors which have to be supplied in right proportions to body from foods for sturdy and healthy growth and strength. Mistakes in these invite ill health and weakness or diseases even if huge quantities are eaten without needed balances.

3) Unclean, unripe, infected and badly preserved foods give entry to disease producing germs and diseases produced by them become easy.

It is absolutely necessary that for healthy living above three important facts and essential types of food articles become a part of habits at least for younger generations to build better generations and society.

Even grown-ups can take to rational food habits, control their tongue, mind, taste and social pressures and keep away from self-castigating temptations.

If basic needs in balanced and clean foods are not supplied—even the 1) over-eating rich 2) half-fed poor or 3) hard minded diet controller are not spared the punishment by the over or under loaded body.

Because of this imbalance we see the big bellied voracious rich, eminent, disproportioned middle class and starving emulated poor with torn dirty clothes. All of them homes of variety of diseases treading our earth.

Physical degeneration leads to mental fall and then to familial, social, cultural, national, moral, spiritual and financial fall. And now you have been seeing such people including women and children moving all around on our earth. Little knowing what is happening to them and why?

One mistake leads to other when ignorance rules on humans. Instead of spending money on balanced good diet recourse is taken to doctors, medicines, quacks and mantriks, misleading advertisements and opportunist mischief mongers etc. and then there is no end to their suffering and unhappiness.

Such long range evil effects have already brought suffering to individuals, communities and society. But one sees No way out yet, because habits and traditions capture weakened minds very easily and weak mind in a weak body is a hard truth well known but difficult to cure even in highly educated and aged individuals.



Reader's Notes :

14 BALANCED DIET

Man becomes slave to habit So form good habits

Balanced diet is absolutely essential to maintain a healthy constitution and a strong body.

To eat less is bad from that angle but eating more than necessary is positively harmful and worse

In the educated class diet is talked of in the language of proteins, fats, carbohydrates, vitamins and minerals. Foreign words, the significance of which is hardly understood by them and not at all understood by majority. "Balanced diet" is known to few and not practiced by even 1% including medical men and women. Many times they mean 1) eating eggs 2) eating non-veg 3) taking vitamin tablets 4) excessive eating or 5) eating from labelled tins without studying their food values or nutritional needs.

It would be much better, easier and beneficial if we recognised and ate our foods in the servings and also trained our children in following language :—

1) **Body builder foods:** (Which help growth of body and are to be eaten more during growing period) (protein)

2) **Nutritional foods:** (Which are always necessary to replace lost energies in daily life) (Carbohydrates and fats).

3) **Protective foods for body:** (Which help maintain resistance of body to fight and overcome attack of germs of diseases, deficiency, and weaknessess)
(Vitamins, Minerals, etc.)

We have to see that we take foods which supply these three classes in adequate proportion daily and keep

our health in best condition during our lifetime. This method of eating scientific foods and quantities is called a "Balanced diet".

If these substances are supplied to our bodies in required quantities, stated ahead, we maintain best health with minimum expenditure, maximum benefit, maximum growth and best maintenance, of course with observation of other factors like cleanliness, exercise, good clothes, good sleep etc. given before.

Then naturally a question may arise :

How do the people grow and live without use of Balanced Diet ?

This is because of another set of Body powers.

1) Maintenance, nutrition and growth are taken care of by the genetic powers of the body which are fantastic and vast. These help the body to absorb and digest its need out of whatever we eat, selectively, for survival.

2) We eat such a variety of foods. Each of it contains all the three or two elements from which body takes its requirements as best as possible.

3) Body is a fantastic world of numerous factories. And these factories manufacture many of the essential needs and foods of the body from whatever we supply it and that is why we live somehow and anyhow for years on starvation diets or no diets.

4) Even with positive intention and efforts man has shown that he can live for a time on air, water, dry leaves etc. without difficulties because their bodies adjust to the experiment.

5) Reserve power in every machine in body is tremendous we see persons with hardly 10-20% of blood working in house and fields saying "I am feeling well". There are also others hardly aware that their blood levels

have gone to 60 or 50%, and this can happen to even affluent families who eat enough and more, are fatty and satisfied but have their nutrition and blood levels around 50% and resistance and working capacity similarly poor.

- = The main reason is ignorance and carelessness about "Balanced Diet".
- = And it is essential to awaken humanity to this sad state of affairs shameful to their position as an "Intelligent of all animals".
- = It will be necessary part of life and living from that point of view that minimum one can do is to get own health examined once a year and to take all care to see that one's Haemoglobin (Blood) is kept around 100%.

"Maintenance of good health" is the first religious duty of every human. It should be the first effort. And only way to do it is regulated habits and balanced diet which should be in every mind from childhood to last breath.



Reader's Notes:

15. BALANCED DIET (Continued)

BALANCED DIET. WHY?

Generally speaking the Creator has given the three main essentials to every creation in this world - the growth, the maintenance or nourishment and the immune and / or the protective powers. Only proportion may be different in animals and in plants and trees, vegetables, roots and fruits.

So every human who lives on them always gets some quantities and qualities of the three essential-proteins, fats and carbohydrates. So he can live and carry on although in scientific language he does not live on "Balanced Diet."

Apart from that body itself has such powerful factories in it that it can manufacture most of its requirements from the materials it takes plus air, water and its millions of activities.

The difference between humans, birds, animals and plants is that human has studied, researched and investigated and given to society the minimum, the best, the economical and processing methods of foods to avoid wastage and get the best out of what is available and can be grown, created and used. And it is such food that forms the "Balanced Diet."

Our generation has merely to make use of the good knowledge for a healthy, happy, economical and smooth living.

= BALANCED DIET. HOW?

There are some important conditions to be considered.

- = Age, weight, workload, seasons of year or climate, region on earth or skies, available eatables, pregnancy,

breast feeding period etc. have each its changing needs. So there cannot be a standard fixed for all.

- = Habit makes anything easy. Heredity fixes the habits permanently natural. But ignorance of these facts forces man to build unscientific habits and justify them with power of arguments and hide his mistakes and ignorance. Same is happening in this case also.
- = For example - so much stress is laid on milk, eggs, mutton, wheat, cheese etc. in talks and books that average man sees the impossibility due to heavy costs and refuses to even dream of "balanced diet" of that prescription. The middle class, tries to satisfy itself with the inferior, diluted, watery milk, occasional mutton, occasional eggs, rarely the cheese and costly fruits and vegetables make him feel that he takes rich diet. He deceives himself and his body, feels happy, satisfied and never understands or studies what mistake he is doing. Ignorance, carelessness, superficially self deception.

The real need is to study and find out and choose and use what is locally available and contains the three basic factors in needed quantities and qualities with purity and economy.

Roughly speaking an adult person living in temperate climate with moderately hard work, medium build or 100 lbs, choice can be made from following substances:-

- 1) Body builders (Proteins):— Pulse, soyabeans, grams, ground nuts, caju, bean, meat, dry fruits, cheese, white of an egg, 75 grams.
- 2) Body nourishing maintaining:—(fats & carbohydrates): rice, wheat, jowar, bajri, raghee, potatoes, sugar, jaggery, eggs, fish, mutton, milk, ghee, oil, butter, copra and other oily foods, 520 grams.

- 3) Body protection: (Vitamins and minerals):- Fresh fruits and vegetables, roots and tubers, milk products. 240 grams.

On this basis everyone should plan one's food and eat and that should prove beneficial and rational.

Another way of planning a diet would be as follows :

- | | |
|--------------------------------------|---------------|
| 1. Rice, wheat, Jowar, bajri, potato | 400 Gm. a day |
| 2. Pulses of various types | 70 Gm. a day |
| 3. Leafy vegetables | 100 Gm. a day |
| 4. Roots and tubers | 75 Gm. a day |
| 5. Fruit vegetables | 75 Gm. a day |
| 6. Fruits | 30 Gm. a day |
| 7. Milk, curds | 200 Gm. a day |
| 8 Oils, ghee, butter | 35 Gm. a day |
| 9. Sugar, Jaggery | 30 Gm. a day |

Changes required for ages:-

- 1) Adjust quantities @ $1/3$ of above for 1st year to about $2/5$ for the age of 12 years.
 - 2) From 12th to 21 years full quantities should be given as for adults because more is required to support the growing bodies.
 - 3) The same balanced quantities should be eaten till the age of 50 to 60 years.
 - 4) After 60 the quantities should be gradually reduced.
- = If quantities are increased during middle age weight increases harmfully and diabetis, high blood pressure, heart diseases, fat belley and body and various other diseases go on increasing and being

bad and chronic disease they become permanent and never leave the body.

- 5) Quantities will have to be increased for hefty bodies.
- 6) Quantities will also have to be increased in proportion for those who do hard manual work.
- 7) Quantities will have to be moderated for hard brain workers.



Reader's Notes :

16. BALANCED DIET (Continued)

SPECIAL INSTRUCTIONS :

1) Keep your tongue under control of your brain and rationalised good habits. Otherwise this just 3 inch organ can do immense harm to your pockets and 5 or 6 feet tall bodies and its precious organs which is a unique gift to you by the High power. That has been often done to many.

2) Cooking the food before eating is a particular speciality of human species. But cooking also damages the vital elements in the food-stuffs required for nurishments. So it is better to cook as little as possible. Over cooking is always bad.

3) Steam cooking is far better as it helps to preserve the body protector elements to a great extent.

4) Polished rice is inferior. Rice should not be polished nor washed too much. That method removes the essential protective vitamin-B in it and then one has to eat B vitamin tablets to make up the loss and prevent Beri Beri and other deficiency diseases so bad. Both demand more expenses for no valid reason except wrong conceptions, fancies and fallacies of the monied class.

5) Even after cooking rice its water should not be thrown away because it contains important protective elements for the body.

In 1918 war, our armies were sent to mid-east under British slavery as war fodder. That time they as well as British officers had to live on rice only. In their own conceptions of high and low, they gave boiled rice to officers and rice water to Indians. In a few months all British officers were found suffering from a strange disabling ailment. But Indians were normal.

Research was immediately started and it was found that the protective elements from rice - which was later named "B vitamin" - was passed to the water and lost to rice grains and that caused the strange illness to boiled rice eaters only. Since then equal rice and water were given to both classes and the Englishmen's disease cured.

The real benefit to society was that this happening led to further research and discoveries of various vitamins and their help in avoiding risks of many diseases.

6) Fresh leafy vegetables, roots and tubers are full of such vitamins. Only precaution required is since they come from soil, they should be properly cleaned and washed with detergents before eating. Particularly in our country where our people have the very dirty habit of passing stools in the fields where they are grown. And stools always contain millions of germs and eggs which enter our body and cause a variety of bad diseases. Various types of worms, dysenteries, cholera, typhoid, severe anaemias come from these and so it is best not only to wash with soap and detergents but also use them after steam cooking.

7) Where cooking or boiling is done, they should not be cut to pieces and boiled, but boiled and then cut. Otherwise vitamins get exposed and are lost in heat and water and we become losers of precious elements.

8) It is therefore best first to wash well and then cook in steam. If boiled open the water should also be used, and it can be used as "Soup" in western style.

9) Potatoes and sweet potatoes, raw bananas, beetroots, and such materials with skin and covers should also be cut after cooking and then their skins removed so that nutrients and protective vitamins remain sealed and are not lost to us.

10) Fresh fruits, roots, tuber, vegetables should be eaten fresh only. If allowed to store and dry, again the

nutritious and protective elements degenerate and also get lost to us. It is best to have a habit to have one's own vegetable garden around the house in many ways.

11) For quick and easy cooking of pulses some people use sodabicarb. But this again destroys the vital elements and purpose of eating pulses is frustrated.

12) Fried substances become tasty. True! but they are hard for digestion and absorption for the body, become costly and unbalanced plus are unnecessarily eaten in larger quantities than permitted. They should not be given to children, aged and physically weak or ill persons.

13) Oil used for frying should not be used again. But thrown away and fresh oil taken every time. It becomes poisonous due to changes in boiling and cooking frequently.

14) Similarly cooked foods should not be heated again, they should be eaten cold but properly preserved in covered vessels.

15) It is always hygienic to eat clean and fresh foods. There can be no germs in freshly cooked and warm food. If not covered, flies sit on it and transfer dirt and germs from dirty substances and stools which are their fond habits. Hence this rule.

16) Never take ice, icecream, soda, cocacola and such other cold foods and drinks, fruits etc. from open markets as our people handling them have absolutely no sense of medical cleanliness required for human safety.

This medical cleanliness needs a special sence and training as well as social consciousness. In our country particularly those vocations are handled by rustic persons. Even in educated classes same class of people are in charge of cleanliness, cooking, serving etc. so it is better to avoid inviting the calamity.

The wise and careful persons should meticulously keep themselves and their children away from getting near vendors and hawkers in place of pilgrimage, crowded centres, bus stations, Railway, schools, cinema houses, temples etc. where such people are permitted and do their buiseness of distributing diseases with foods.



Reader's Notes :

17. BALANCED DIET (Continued)

“Good Habits” Promote good health and Happiness

18) There is a social education from one sided thinker. The foods of animal origin are easy to digest and they must be preferred and eaten. But from the point of view of powers of human body and costs involved there is unnecessary stress and exaggeration and the educated and half backed human gets easily brainwashed.

The powers of our body and mind are very varied and very strong too. It must be kept in mind that they can produce their own requirements.

This should not be forgotten :

19) It is true that there are more body builders in mutton, fish, eggs, milk, cheese etc. (22 to 25%). But these materials are very costly and as converts to these food go on increasing, these already costly foods are getting more and more difficult for majority pockets.

At the same time we have the ground nut, soya, kulith, grams and other beans, masur and other body builders which contain equally good quantities (25 to 35%) of proteins and whenever they are grown their prices and costs become low and economical. Many times they are one's own home product and free. So a great majority should not feel helpless because they cannot afford animal products and substitute above products which are cheap or free.

20) Milk among all eatables is the only complete and balanced food. This makes it best from newborn to aged as also the afflicted and ill or pregnant women, breast feeding mothers and the weakest.

21) Even doctors advise diluting good milk with water. This is scientifically wrong. For watery milk also dilutes digestive juices in stomach. Then digestion becomes incomplete. As water in it is absorbed and passed away soon as urine. Child becomes hungry soon and restless, rickety, under nourished and weak, as it gets only half the milk intended. If milk is good it may be given in smaller quantities without reducing or diluting its qualities. Water if needed should be given between milk feeds. Similarly no sugar needs to be added to whole milk. It may be noted that pure and whole milk has the power to feed even elephant and tigers and many huge animals which weigh hundreds of times more than human babies.

22) So mother's milk is always the best balanced nutrient. But for that mother's health must be best too. Her milk comes straight to child, balanced as diet undiluted, unpolluted and well sterile and better than even pasturised. It gives proteins, fats, carbohydrates, vitamins, minerals, several immunities and genetic powers of mother. The great gift.

23) Increasing use of bottled, humanised, toned and artificial milks have been responsible for many diseases, deficiencies and deaths in our children plus worries and costs in treatments also.

24) Just as pointed out, with milk feeds, we should avoid diluting digestive juices by drinking water with food. Water is best taken between meals. When in travel always carry your water with you otherwise drink available water only after boiling.

25) The place you use for eating must be quiet, peaceful, clean, and spacious. Utensils must have covers and they must be clean and nice. Presentation of utensils and food must be attractive, service should be delicate and likeable. Food articles must be well prepared, well served and limited. Mind must be fully concentrated on eating with calculation of quantities and qualities of

proteins, fats, carbohydrates, minerals etc. one needs. With mind on discussions, mental worries or any diversions are punishable and should be considered an insult to Gods of food and Gods of body.

26) Eat with good mastication, good mixing with saliva and then only swallowing it. Saliva well mixed starts the process of proper utilisation of nutrients. It is the first agent.

Well masticated foods are well digested. Well used teeth for mastication also get firmer and live through life as useful. This is an additional benefit. When, like any high level work, if mind gets divided and concentration on eating diverted, the digestion and absorptions of whatever you eat becomes also diverted and passes off in the stools out of body.

Thus it leads to double loss or triple loss to you.

27) Finally once again a stress with repetition:—

“ Less eating is bad – more eating is worse ”

Unbalanced diet is an insult to the greatest possession – the body, mind, and good health.

Create and maintain the habit to recognise qualities and quantities of food in the dish as proteins, fats, carbohydrates, vitamins, minerals, nutrients and necessary or unnecessary.

It is wise to have chart of balanced diet and its constituents and qualities and needs in every dining and cooking place for ready reference that will make it easy to build the good habit.

28) You be your own dietician by studying your needs. Do not be a prey to street and hotel specialist and their advertisements.

29) Human body and mind and life are very very rare and unique gifts. It has taken millions of years to design, evolve, perfect, perpetuate and give to you. Do not insult the Great Creator Almighty by treating this body like a toy, or animal, or play tool. It is our supreme duty to know it, to understand it and to use it for good care and purpose.

30) And for this, diet, cleanliness, exercise and scientific habits are the only blessing from HIM.



Reader's Notes :

18. HAIR AND NAILS

“ Good Habits ” means scientific living

In our need for protections of health, hair and nails have an important place too.

Because both of these have a peculiarity of continuous growth. If we do not take proper care, they become a store of dirt, germs and carriers of diseases and self-protection of body becomes continuously endangered.

= Hands are our major tools for all work. So depending on vocation they are soiled with good and bad, clean and unclean or even dirty substances. If we look carefully at our ordinary well cut nails we can see the dirt they contain. Under a microscope even the clean-looking nails show dirt, dust, and millions of germs under their growing ends. Scavengers, doctors etc. who deal constantly and professionally with dirty materials, if they are not meticulous can show and grow most pathogenic bacteria under their nails which can kill even others they try to help.

Some hands are used to serve others, feed their own master, and also innocent delicate children through mothers and servants. See also the nails of those who have scratching skin diseases. Naturally all this dirt and germs are fed with the food and carry diseases to the body.

Knowing this, we must trim and clean the nails of hands and feet most carefully regularly. Particularly, before and after each meal, before and after each manual work. We should see that unclean nails are carefully cleaned with soap, clean water and brush. So that no infection is passed on to stomach by any chance.

Because this fact is proved by science, doctors and others in life saving vocation wash their hands, creases,

nails with soap and water and special scrubbing hand brushes.

The dirt and the germs could still stick on with all above care. Therefore to take no chance with precious life of the patient, they further clean their hands with antiseptics and even above it cover their bodies with sterile clothes and hands with rubber gloves and nose, mouth and hair with sterile masks before they undertake the most important responsibility of operating every precious human life. They have to follow these procedures with great care and must be so automatic that not a spot is missed even by mistake. For mistakes are criminal and unpardonable. It is equivalent to a murder.

Cleanliness of nails must be taught and trained from earliest childhood. Otherwise people like the bad methods as a habit. And habits are easy to make and hard to break.

What about hair? Hair, horns, nails, skin are mainly gifted to humans and animals for protection of lives from climates, cold, heat, breezes and enemies who might attack to harm. The first three are without any sensation so that they can do their protective work without pains or fear.

Another important fact we have to remember is that there is continuous change or evolution is going on in the world, the environment with a purpose and a discipline which is unique towards evolution and improvements. That is why from a single cell amoeba, multicell animals, trees, plants, birds, ants, insects, fishes and wonderful human have been evolved.

From monkey to cave man to man and changes from one to the latest have all been purposeful and excellent.

The hair in human have slowly disappeared as they had less and less utility as he started getting other devices for his protection. Occasionally still we see some few hairy humans. Handicap is - he has forgotten how to keep hairy parts of body clean.

Now we find hair left only on heads, faces of males, nose, ear, axillaer chest and genitals. Woman further ahead in evolutions has also lost hair on her face, chest and some more parts and they too are getting less and less. Those on head she has started cutting now just as male is showing his face and some other parts unseamly from his mind or to help cleanliness, And they are right in a way as urban dirt creates different types of problems due to their sticky natures.

Actually there were times with risks to patients when doctors and particularly surgeons used to shave their faces, including eyebrows, eyelashes, moustache, beard, hands and heads as a precaution to save lives of patients they handled or operated. It indicates the risk of infection hair growth carries in itself.

Man is basically lazy. Added to this is his vast ignorance in millions of things in the vast universe. Worse is the tendency to argue and use his mental faculties and powers to justify that he is always right. But that does not help change what science has proved.

Hairs and nails have continued to be sources of infections and diseases in nail beds and roots of hair. Even big insects like lice and even scorpions have been found in badly preserved scalp hair.

If this is to be prevented regular cutting of nails and hair and cleaning them again and again properly is an absolute necessity.

Scientific facts and not intelligent arguments should form the basis of our habits. Intelligence without studied wisdom can drive us to dooms day easily.

This basic of thought and action could have avoided emergence of Hippis, Jippis, Beattles and the like in so called civilised world or so called sadhus, sanyasis, beggars, songades, Mantric etc in Eastern world who seem to compete with jungle tribes or the caveman in dirty habits and living conditions.

If properly educated and elucidated, I am sure they too could join the clean, healthy, hygienic and happy humanity.

E N D

Reader's Notes :

This revelation further led to the realisation of resultant self-deception, self-castigation, and self elimination being perpetuated by this “Intelligent animal” of his own denomination through wrong conceptions, wrong traditions, wrong customs and wrong HABITS without realising immediate and long term evil effects on himself, his kith and kin, and his tribe of human society as a whole.

It was so painful and so pitiable,

The result was the HEALTH – OCTAVE series.

And this basic “OUR HEALTH”

And “Great Wonders of Human Body”.

M. K. Vaidya

of Human

The Supreme power sends its Greatest Creation to this earth in a simple, innocent little form as a human baby.

This human baby already has a well programmed super super 'computer' the Brain ' to manage itself with tremendous accuracy from birth to death A to Z, with unique package of outstanding qualities, organs, etc. which have no parallel or equal (refer to "Great Wonders of Human Body")

The order and purpose seems clear "Make the best use of all gifts I have given you and you shall be a Superman or even a GOD by using them wisely and properly. And you will make a Heaven on this earth itself. Misuse or abuse what I have given you, and you shall be not even a human but subhuman, unhuman, inhuman, and make Hell for yourself on this golden earth."

We seem to have chosen the later.